INTRO	Hello, my name isand I'm calling on behalf of the Network for a Healthy California. We are conducting an important survey with moms to help the Network for a Healthy California improve programs and services for families throughout the state. Your household was picked at random for this study from the list of CalFresh households in California. A letter about this study was recently sent to your home.		
	(1) CONTINUE [GO TO S_CELL		
	<ul><li>(2) LANGUAGE BARRIER [SET CALL BAC</li><li>(3) RETURN TO CONTACT SCREEN</li></ul>	K WITH SPANISH INT]	
	(4) HANG UP DURING INTRO		
S_CELL	Am I speaking to you on your cell phone?		
	(1) YES [GO TO S_WARM]		
	(2) NO [GO TO S1]		
S_WARM	If you are currently driving a car or doing any activity thattention I need to call you back at a later time.	nat requires your full	
	(1) CONTINUE [GO TO S1]		
	(2) R UNABLE TO CONTINUE [GO TO S_ATTI	N ]	
S_ATTN	For your safety, we will call you back at another time.	[SET CALL BACK]	
S1	Am I speaking to someone who is over 17 years old?		
	(1) YES, I AM	[GO TO S5]	
	(2) THIS IS A BUSINESS	[TERMINATE]	
	(3) NO, NEW PERSON COMES TO PHONE	[GO TO S3]	
	(4) NO ONE OVER 17 LIVES IN HH/USES PHONI		
	(5) NO ONE OVER 17 HOME RIGHT NOW	[GO TO S1B]	
	(99) REFUSED	[SET CALL BACK]	
S1B	I'll try back again later. Thank you.	[SET CALL BACK]	

S3		Healthy Ca the Depart throughout	name is alifornia. We are cond tment of Public Healt at the State. Your hou CalFresh households	lucting an impor h improve progr usehold was pick	tant sur ams and ed at ra	vey with I service ndom fo	n moms to help s for families or this study from
		(2) (77	) YES ) NO 7)DON'T KNOW 9) REFUSED	[GO TO S7] [TERMINATE] [TERMINATE] [TERMINATE]			
S3B	May I speak wi	th someone	over 17 years old?				
		(1) YES (2) NO			[GO TO	_	
<b>S</b> 5	We would like to 11 years old.	•	the youngest mom in llable now?	the household	who has	at least	one child ages 5
		(2) (3) (4)	) I AM THAT PERSON ) NEW PERSON COM ) PERSON NOT AVAIL ) NO CHILDREN AGES 9) REFUSED	ES TO PHONE ABLE	[GO TO [GO TO [GO TO OLD IN I	S3] S5B]	[TERMINATE] [TERMINATE]
S5TERN	M		ly interviewing house for your time.	eholds with <u>child</u>	ren ages	5 to 11	years old.
S5B		Are any of	the moms who have	children ages 5	to 11 ye	ars old a	vailable now?
		(2) (77	) YES, NEW PERSON ( ) NO, NOT AVAILABL 7) DON'T KNOW 9) REFUSED		NE	[GO TO [GO TO [GO TO	CB1] S1B]
CB1			please tell me who w Y: You can give me he			e call ba	ack? [READ IF
			) CONTINUE TO CBN/ 9) REFUSED	AME [SET CALL BACK	(]		
CBNAN	ЛE	FN'	ITER NAME				

CB2	Can she be reached at this telephone number?		
	(1) YES	[GO TO S1B]	
	(2) NO	[GO TO CBNUM]	
	(77) DON'T KNOW	[SET CALL BACK]	
	(99) REFUSED	[SET CALL BACK]	
CBNUM	What is the best number to re	ach her?	
	ENTER NUMBER	[GO TO S1B]	
S7	Do you currently live in [FILL]	county?	
	(1) YES	[GO TO S10]	
	(2) NO	[GO TO S8]	
	(77)DON'T KNOW	[GO TO S10]	
	(99)REFUSED	[TERMINATE]	
S8	In what county do you live?		
	DROP DOWN LIST OF 17 COUI	NTIES [GP TO S10]	
	OTHER	[GO TO S9]	
S9 W	e are only interviewing people who [TERMINATE]	live in certain counties. Thank yo	ou for your time.

Before I continue, I would like you to know that your participation in this survey is voluntary. Everything you say is completely confidential. You may choose not to answer any questions you don't wish to answer, or end the interview at any time with no impact on the benefits you may receive. The survey will take about 20 minutes. First, I will ask you about your physical activity and foods that you eat. Then I will ask you similar questions about one of your children.

In appreciation for your time, we will send you \$10 cash when the survey is over. In order to review my work, this call will be recorded and my supervisor may listen as I ask the questions.

READ IF NECESSARY: This is a research study being sponsored by the Network for a Healthy California. The purpose of the study is to improve programs and services for families in California. If you have any questions about the survey, I can provide you with a free number for you to call.

Would you like to participate in an interview?

(1) YES	[VERBAL CONSENT GIVEN, GO TO M1]
(2) YES, CALL BACK	[SET CALL BACK]
(3) NO	[TERMINATE]
(77) DON'T KNOW	[SET CALL BACK]
(99) REFUSED	[TERMINATE]

M1 First, I would like to ask you about your physical activity.

During the past MONTH, other than your regular job, did you participate in any PHYSICAL ACTIVITIES or EXERCISES such as running, Zumba, gardening or walking for exercise?

- (1) YES
- (2) NO SKIP TO M8
- (77) DON'T KNOW SKIP TO M8
- (99) REFUSED SKIP TO M8

M2	During the past month, what type of physical activity or exercise did you spend the <u>most</u>
	time doing?
	(SPECIFY)

(77) DON'T KNOW (99) REFUSED

M3

During the past month, how many times per week or per month did you take part in this activity?

\_\_\_\_ Times per week
\_\_\_\_ Times per month
(777) DON'T KNOW GO TO M5

(999) REFUSED GO TO M5

M4	When you took part in this activity, for how many minutes or hours did you usually keep at it?
	HOURS
	MINUTES
	(777) DON'T KNOW
	(999) REFUSED
M5	During the past month, what other type of physical activity gave you the next most exercise?
	(SPECIFY)
	(666) NO OTHER ACTIVITY SKIP TO M8
	(777) DON'T KNOW SKIP TO M8
	(999) REFUSED SKIP TO M8
M6	During the past month, how many times per week or per month did you take part in this activity?
	TIMES PER WEEK
	TIMES PER MONTH
	(777) DON'T KNOW
	(999) REFUSED
M7	When you took part in this activity, for how many minutes or hours did you usually keep at it?
	HOURS
	MINUTES
	(777) DON'T KNOW
	(999) REFUSED
Now I wou	ld like to ask you about different types of drinks. Please think about the past month.
M8	During the past month, how many times per day, week or month did you drink 100% PURE fruit juices? (Do not include fruit-flavored drinks with added sugar or fruit juice you made at home and added sugar to. Only include 100% juice.)
	PER DAY
	PER MEEK
	PER MONTH (777) DON'T KNOW
	(999) REFUSED
M9	During the past month, how many times per day/week/month did you drink a can,
1413	bottle, or glass of regular soda that contained sugar? Do not include diet soda.
	TIMES PER DAY
	TIMES PER WEEK
	TIMES PER MONTH
	(666) NEVER
	(OOO) (4E 4 E))

(777) DON'T KNOW (999) REFUSED

M10	During the past month, how many times per day/week/month did you drink a can, bottle, or glass of diet soda that did not contain sugar?  TIMES PER DAY TIMES PER WEEK TIMES PER MONTH (666) NEVER (777) DON'T KNOW (999) REFUSED
M11	During the past month, how many times per day/week/month did you drink a glass or bottle of a sports drink like Gatorade, PowerAde, or Vitamin Water? Do not include caffeinated energy drinks like Red Bull, Rockstar, or GoGirl, or low-calorie sports drinks like G2 or Propel.  TIMES PER DAY TIMES PER WEEK TIMES PER MONTH (666) NEVER (777) DON'T KNOW (999) REFUSED
M12	During the past month, how many times per day/week/month did you drink a glass or can of a caffeinated energy drink like Red Bull, Rockstar, or GoGirl? Do not include sugar free drinks or energy "shots".  TIMES PER DAY TIMES PER WEEK TIMES PER MONTH (666) NEVER (777) DON'T KNOW (999) REFUSED
M13	During the past month, how many times per day/week/month did you drink coffee or tea with sugar or a sweetened hot or iced specialty coffee drink like a mocha, latte, or Frappuccino? Do not include unsweetened coffee or tea drinks.  TIMES PER DAY TIMES PER WEEK TIMES PER MONTH (666) NEVER (777) DON'T KNOW (999) REFUSED

M14	During the past month, how many times per day/week/month did you drink a can, bottle, or glass of a sweetened fruit drink, such as Kool-Aid (Spanish: Tampico), Sunny D Hawaiian Punch or lemonade? Include fruit drinks you made at home that you added sugar to. Do not include sugar free drinks or drinks you make with artificial sweeteners. TIMES PER DAYTIMES PER WEEKTIMES PER MONTH (666) NEVER (777) DON'T KNOW
M15	(999) REFUSED  During the past month, how many times per day/week/month did you drink a glass of milk? Count chocolate and flavored milk, and milk on cereal. [Only dairy milk. Lactose free and goat milk count, but soy, rice, coconut, and almond milk do not.] TIMES PER DAYTIMES PER WEEKTIMES PER MONTH (666) NEVER GO TO M18 (777) DON'T KNOW (999) REFUSED
M16	Was the milk you typically drank or used whole milk, reduced fat or 2%, lowfat or 1%, or nonfat or skim? [If more than one kind ask, "Which kind did you drink the most?" If he/she says "Vitamin D milk", probe if they mean whole milk]  (0) NONFAT/FAT FREE (SKIM)  (1) LOWFAT (1%)  (2) REDUCED FAT (2%)  (3) WHOLE  (77) DON'T KNOW  (99) REFUSED
M17	Was the milk you typically drank or used flavored, like chocolate or strawberry?  (1) YES  (2) NO  (77) DON'T KNOW  (99) REFUSED
M18	During the past month, how many times per day/week/month did you drink a glass or bottle of water? Count tap, bottled, and unflavored sparkling water.  TIMES PER DAY TIMES PER WEEK TIMES PER MONTH (666) NEVER (777) DON'T KNOW

(999) REFUSED

Now I would like to ask you about different types of foods. Please continue to think about the past month.

M19 During the past month, how many times per day, week, or month did you eat sweet

M19	During the past month, how many times per day, week, or month did you eat sweets like cake, cookies, donuts, ice cream, or candy?  TIMES PER DAY  TIMES PER WEEK  TIMES PER MONTH  (666) NEVER  (777) DON'T KNOW  (999) REFUSED
M20	During the past month, how many times per day, week, or month did you eat at least one meal or snack from a fast food restaurant such as McDonald's, Taco Bell, or KFC?  TIMES PER DAY  TIMES PER WEEK  TIMES PER MONTH  (666) NEVER  (777) DON'T KNOW  (999) REFUSED
M21	During the past month, how many times per day, week, or month did you eat French fries or other fried potatoes?  TIMES PER DAY  TIMES PER WEEK  TIMES PER MONTH (666) NEVER (777) DON'T KNOW (999) REFUSED
M22	During the past month, not counting juice, how many times per day, week, or month did you eat fruit? Count fresh, frozen, or canned fruit.  TIMES PER DAY TIMES PER WEEK TIMES PER MONTH (666) NEVER (777) DON'T KNOW (999) REFUSED
M23	During the past month, how many times per day, week, or month did you eat dark greer vegetables for example broccoli or dark leafy greens including romaine, chard, collard greens or spinach?  TIMES PER DAY TIMES PER WEEK TIMES PER MONTH

	(666) NEVER (777) DON'T KNOW (999) REFUSED
M24	During the past month, how many times per day, week, or month did you eat cooked o canned beans, such as refried, baked, black, and pinto beans, beans in soup, soybeans, edamame, tofu or lentils? Do NOT include long green beans.  TIMES PER DAY TIMES PER WEEK TIMES PER MONTH (666) NEVER (777) DON'T KNOW (999) REFUSED
M25	During the past month, how many times per day, week, or month did you eat orange colored vegetables such as sweet potatoes, pumpkin, winter squash, or carrots?  TIMES PER DAY TIMES PER WEEK TIMES PER MONTH (666) NEVER (777) DON'T KNOW (999) REFUSED
M26	Not counting what you just told me about, during the past month, about how many times per day, week, or month did you eat OTHER vegetables? Examples of other vegetables include tomatoes, tomato juice or V-8 juice, corn, eggplant, peas, lettuce, cabbage, and white potatoes that are not fried such as baked or mashed potatoes. TIMES PER DAYTIMES PER WEEKTIMES PER MONTH (666) NEVER (777) DON'T KNOW (999) REFUSED
	me if you strongly agree, agree, neither agree nor disagree, disagree, or strongly disagree sllowing statements:
M27	In my neighborhood, it is easy to buy fresh fruits and vegetables.  (1) STRONGLY AGREE  (2) AGREE  (3) NEITHER AGREE NOR DISAGREE  (4) DISAGREE  (5) STRONGLY DISAGREE  (77) DON'T KNOW  (99) REFUSED

M28 In my neighborhood, it is easy to buy healthy foods, such as low-fat milk and whole grain bread. (1) STRONGLY AGREE (2) AGREE

- (3) NEITHER AGREE NOR DISAGREE
- (4) DISAGREE
- (5) STRONGLY DISAGREE
- (77) DON'T KNOW
- (99) REFUSED

The following questions will ask you to think about the last 3 months.

M29 In the last 3 months, have you taken part in a class, workshop or other group activity about eating fruit and vegetables, drinking healthy beverages, or being physically active that was sponsored by the Network for a Healthy California Champions for Change?

- (1) YES
- (2) NO
- (77) DON'T KNOW
- (99) REFUSED

M30 In the last 3 months, have you taken part in any other class, workshop or other group activity about eating fruit and vegetables, drinking healthy beverages, or being physically active?

- (1) YES
- (2) NO
- (77) DON'T KNOW
- (99) REFUSED

M31 In the last 3 months, have you seen someone doing a live food demonstration of healthy cooking, one where they prepared a recipe with fruits or vegetables?

- (1) YES
- (2) NO
- (77) DON'T KNOW
- (99) REFUSED

M32X01 In the last 3 months, (have any of your children) (has your child) brought home information about eating fruit and vegetables?

- (1) YES
- (2) NO
- (77) DON'T KNOW
- (99) REFUSED

M32X02 Drinking healthy beverages?

	(1) YES (2) NO (77) DON'T KNOW (99) REFUSED
M32X03	Being physically active? (1) YES (2) NO (77) DON'T KNOW (99) REFUSED
Now I have a f	ew more general questions about you and your household.
M33	In the last 3 months, how often have you had fresh fruit or vegetables washed, cut-up, and ready-to-eat for your family in your home? Would you say every day, almost every day, most days, some days, or rarely?  (1) EVERY DAY (2) ALMOST EVERY DAY (3) MOST DAYS (4) SOME DAYS (5) RARELY (77) DON'T KNOW (99) REFUSED
M34	Do you currently have a garden to grow fruits and vegetables either at your home or at a shared site?  (1) YES  (2) NO  (77) DON'T KNOW  (99) REFUSED
M35	What is the highest grade or year of school you completed?  (1) 8TH GRADE OR LESS  (2) 9TH-12TH GRADE, NO DIPLOMA  (3) HIGH SCHOOL GRADUATE OR GED COMPLETED  (4) SOME VOCATIONAL, TRADE, OR BUSINESS SCHOOL BUT NO DIPLOMA  (5) COMPLETED A VOCATIONAL, TRADE, OR BUSINESS SCHOOL PROGRAM  (6) SOME COLLEGE CREDIT BUT NO DEGREE  (7) COLLEGE GRADUATE  (8) POST GRADUATE OR PROFESSIONAL DEGREE  (77) DON'T KNOW  (99) REFUSED
M36	What is your age?YEARS (777) DON'T KNOW (999) REFUSED

M37	What is your race? (Select one or more responses.)  (1) AMERICAN INDIAN OR ALASKAN NATIVE  (2) ASIAN  (3) BLACK OR AFRICAN AMERICAN  (4) LATINO/HISPANIC  (5) NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER  (6) WHITE  (7) OTHER  (77) DON'T KNOW  (99) REFUSED
M38	How tall are you without your shoes on?feetinches ORcm (777) DON'T KNOW (999) REFUSED
M39	How much do you weigh without your shoes on? pounds (777) DON'T KNOW (999) REFUSED
M40	Are you currently pregnant or lactating? (1) YES (2) NO (77) DON'T KNOW (99) REFUSED
M41	How many children ages 5 to 11 years old do you have? ENTER NUMBER (77) DON'T KNOW [GO TO C19] (99) REFUSED [GO TO C19]
CAGE_X	Please tell me the age of the [FIRST, SECOND, THIRD] child who is between 5 and 11 years old.  ENTER AGE (77) DON'T KNOW (99) REFUSED
	<>< RANDOMLY SELECT CHILD FROM THE LIST OF CHILDREN IN CAGE_X >>>

CINTRO1	Now I would like to ask you some questions about your [AGE] year old.  (1) CONTINUE  (2) CALL BACK LATER TO FINISH  (99)REFUSED [GO TO C19]
CNAME	So I know how to refer to your child in the interview, please tell me your [AGE] year old's first name. READ IF NECESSARY: If you prefer, you may give me your child's initials.  ENTER NAME  (99) REFUSED – CONTINUE TO REFER TO CHILD AS [AGE] YEAR OLD
CSEX	Is [Child's Name] a boy or a girl? (1) BOY (2) GIRL (99) REFUSED
The following	ng questions are about [Child's name]'s physical activity and eating habits.
C1	In an average week during the school year, on how many days does [Child's name] go to physical education (PE) classes? [NUMBER] OF DAYS (0) NO DAYS (77) DON'T KNOW (99) REFUSED
C2	In an average week during the school year, on how many days does [Child's name] walk or ride [his/her] bike to school when weather allows [him/her] to do so?  [NUMBER] OF DAYS  (0) NO DAYS  (77) DON'T KNOW  (99) REFUSED
С3	For the following questions, please think about yesterday. Yesterday, how much total time did [Child's name] spend in physically active play?  (0) NONE  (1) LESS THAN 30 MINUTES  (2) 30 TO 59 MINUTES  (3) 1 HOUR OR MORE  (77) DON'T KNOW / NOT SURE  (99) REFUSED
C4	Yesterday, how many glasses or boxes of 100% fruit juice, such as orange or apple juice, did [Child's Name] drink?  GLASSES/BOXES  (77) DON'T KNOW  (99) REFUSED

C5	Yesterday, how many servings of fruit, such as an apple or a banana, did [he/she] eat? SERVINGS (77) DON'T KNOW (99) REFUSED
C6	Yesterday, how many servings of French fries, home fries, or hash browns did [Child's Name] eat?  SERVINGS (77) DON'T KNOW (99) REFUSED
C7	Yesterday, how many servings of other vegetables like green salad, green beans, or non fried potatoes did [he/she] have? Do not include fried potatoes.  SERVINGS (77) DON'T KNOW (99) REFUSED
C8	Yesterday, how many glasses or cans of soda, such as Coke, did [he/she] drink? Do not count diet drinks.  GLASSES (77) DON'T KNOW (99) REFUSED
C9	Yesterday, how many glasses of other sweetened drinks, such as fruit punch, fruit drinks like Sunny Delight, or sports drinks did [he/she] drink? Do not count diet drinks GLASSES (77) DON'T KNOW (99) REFUSED
C10	Yesterday, how many glasses or small cartons of milk did [Child's name] drink? (Count the milk [Child's Name] drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.) None SKIP TO C12 GLASSES (77) DON'T KNOW (99) REFUSED
C11	Yesterday, was most of the milk [Child's name] drank nonfat or skim, lowfat or 1%, reduced fat or 2%, whole, chocolate or some other kind?  (0) NONFAT/FAT FREE (SKIM)  (1) LOWFAT (1%)  (2) REDUCED FAT (2%)  (3) WHOLE  (4) CHOCOLATE/OTHER FLAVORED

(77)DON'T KNOW (99)REFUSED

C11OTHER	ENTER OTHER SPECIFY
C12	Now I would like you to think about the past 7 days. During the past 7 days, how many times did [he/she] eat fast food? Please include fast food meals eaten at school or at home, or at fast food restaurants, carryout, or drive thru.  TIMES  (77) DON'T KNOW  (99) REFUSED
C13	During the past 7 days, how many days did [Child's name] sit down and eat dinner at home together with at least one of [her/his] parents or guardians?  [NUMBER] OF DAYS  (0) NO DAYS  (77) DON'T KNOW  (99) REFUSED
C14	During the past 7 days, on how many days was [Child's Name] physically active for a total of at least 60 minutes per day? (Add up all the time [he/she] spent in any kind of physical activity that increased [his/her] heart rate and made [him/her] breathe hard some of the time.)  [NUMBER] OF DAYS  (0) NO DAYS  (77)DON'T KNOW  (99) REFUSED
C15	What is [Child's Name]'s race? (Select one or more responses.)  (1) AMERICAN INDIAN OR ALASKAN NATIVE  (2) ASIAN  (3) BLACK OR AFRICAN AMERICAN  (4) LATINO/HISPANIC  (5) NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER  (6) WHITE  (7) OTHER  (77) DON'T KNOW  (99) REFUSED
C16	How tall is [Child's Name] without [his/her] shoes on? FeetInches ORCentimeters (777) DON'T KNOW (999) REFUSED
C17	How much does [Child's Name] weigh without his/her shoes on? POUNDS OR KILOGRAMS

(777) DON'T KNOW (999) REFUSED C18 What is your child's date of birth? \_/\_\_/\_ (77) DON'T KNOW (99) REFUSED C18REF To help us identify age-appropriate health guidelines for your child, would you be willing to provide the child's birth month and year? In what month was your child born? C18REFM (1) JANUARY (2) FEBRUARY (3) MARCH (4) APRIL (5) MAY (6) JUNE (7) JULY (8) AUGUST (9) SEPTEMBER (10)OCTOBER (11)NOVEMBER (12)DECEMBER (77)DON'T KNOW (99)REFUSED C18REFY In what year was your child born? (1) 2001 (2) 2002 (3) 2003 (4) 2004 (5) 2005 (6) 2006 (7) 2007 (8) OTHER GO TO C19YOTH (77)DON'T KNOW (99)REFUSED C18YOTH ENTER OTHER YEAR \_\_\_\_\_ C19 Finally, is it okay to try to call you again about a year from now to ask you these same questions? (1) YES (2) NO (77) DON'T KNOW

(99) REFUSED

AC Before we finish, I'll need to confirm your mailing address so we can send you \$10 cash.

AC\_STREET PREFILL AND CONFIRM OR CORRECT
AC\_CITY PREFILL AND CONFIRM OR CORRECT
AC\_STATE PREFILL AND CONFIRM OR CORRECT
AC\_ZIP PREFILL AND CONFIRM OR CORRECT

AC\_NAME ASK PARTICIPANT FOR NAME

CEND Those are all the questions I have. Thank you for the time you spent answering these

questions. If you have any questions about this survey, you may call my supervisor toll-

free at 1-877-267-8999. Thank you again.